Chichester Herald

Friday 28th March 2014
YOUR FREE WEEKLY NEWSPAPER
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Strike shuts schools

>> *Many local schools were affected by Wednesday's strike action*

Susanna Reid
NEWS@CHICHESTERHERALD.CO.UK

MANY LOCAL schools were closed on Wednesday as teachers joined rallies and picket lines in a strike over pay, pensions and conditions.

Members of the National Union of Teachers (NUT) were taking part in the action, leaving many schools closed to some or all pupils.

Union leaders said the national walkout was a "last resort".

The Department for Education (DfE) said it believed "well under a quarter" of schools in England were closed.

The schools either closed or partially closed locally included:

Bishop Luffa years 8 and 9 closed. Chichester High School for Boys will be closed; Fishbourne CofE Primary School totally closed, St Richard's Catholic Primary School, Only Oak class, years 2, 3 and 6 attended school; Parklands Community Primary School fully closed, St Anthony's School year groups 7, 8 and 9 were closed; Aldingbourne Primary School fully closed, Portfield Primary Academy partly closed, Felpham Community College closed to all students in years 8 and 10, The Regis School closed to students in years 8 and 9.

The union said the strike action on Wednesday was covered by two ballots held in May 2011 and June 2012.

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Well under a quarter of schools in England were closed on Wednesday

MORE HEADLINES >>

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COUNTY COUNCIL RECEIVES £34M FUNDING BOOST *Page 8*

A JOURNEY INTO THE FUTURE AND INNOVATION *Page 18*

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Many local schools were affected by Wednesday's strike action

Continued from page 1

The turnout for the ballot was 40% and 92% of these members voted in favour of strike action The NUT has 329,930 members in England and Wales

Wednesday's action is being taken by the NUT alone The NASUWT, which had taken part in industrial action prior to the government agreeing to talks, has decided not to take part in this latest strike

The NUT has 329,930 members across England and Wales There are some 24,330 schools in England and 1,700 in Wales - around 26,030 in total

It is difficult to gauge the scale of the disruption of Wednesday's action, as individual schools will have made their own arrangements for the day, depending on how many of their staff have gone on strike

For working families affected, the strike means having to pay for additional childcare, asking favours of family members or using up annual leave

Education Secretary Michael Gove is currently holding discussions about performance-related pay pensions and conditions with seven teaching unions - NASUWT, ATL, ASCL, NAHT, UCAC and Voice, as well as the NUT

The NUT has been embroiled in its current dispute with the government for more than two years, and staged a series of regional strikes, together with the NASUWT teaching union, last year

A proposed one-day national walkout in November by the two unions was called off in the wake of talks with the government and the NASUWT has decided not to take part in this latest strike because the government had engaged in a debate

A leaked memo from the NASUWT claims some members have faced insults and intimidation from NUT members over their decision not to take action. But the NUT denied any negative campaigning from its headquarters

NUT general secretary Christine Blower said that talks with the government had not produced the right outcomes and that teaching was becoming "unmanageable" with primary school teachers working 60-hour weeks and secondary school teachers working 50 hours

"We don t feel that enough progress has been made, actually we feel that no progress has been made, she said

Ms Blower said the union would go back to the talk after this strike

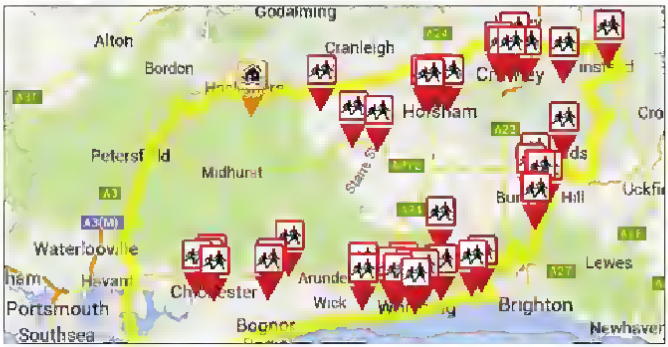
But Schools Minister David Laws said that there was no basis for the strike.

He said "I do not understand why the NUT are taking this industrial action in the middle of talks."

Mr Laws said he was currently in talks with seven trade unions, but only the NUT had chosen to strike

He admitted that he was 'concerned" about the amount of hours teachers were working per week, and he said that he wanted to try to reduce this by cutting the amount of bureaucracy and red tape teachers had to face

A DfE official said "well under a quarter" of schools in England were closed, compared with about 60% during the bigger of the two national strikes in 2011.



Arrested man released without charge in Bosham murder investigation

A 22-YEAR OLD man who was arrested on suspicion of the murder of Valerie Graves and was due back on bail on Monday (24 March) has been released without charge

The man was arrested on Tuesday, January 14 after Miss Graves was found dead in a house in Smugglers Lane, Bosham, on Monday 30 December She and other members of her family had been house sitting while the owners were away over Christmas

Detectives, supported by neighbourhood policing officers, are knocking on the doors of more than 700 homes in the area in their effort together any information that can help them in the investigation

The Major Crime Team is also being advised by the National Crime Agency in order to provide further offender profiling They are keeping an open mind as to the motive for Valerie's violent death

Chief Inspector Justin Burtenshaw, district policing commander for Chichester, said "Some local residents are obviously concerned and we want to do all we can to reassure them

"I have ensured that extra patrols continue in the area and the neighbourhood policing team is available in Bosham to speak to residents about their concerns

"In addition to the extra patrols there will be daily opportunities to speak to a local officer from 11am to 12 noon outside the Bosham Craft Centre in Bosham Lane and from 7-8pm outside the Co-op store in Delling Lane"

Anyone with information should ring 101 or email 101@sussex.pnn police.uk quoting Operation Ensign or call the independent charity Crimestoppers anonymously on 0800 555111.

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Anorak Corner

Interesting snippets of information about Chichester

To raise money to build the original Festival Theatre, not only was a racehorse one of the original raffle prizes, but a local builder donated a plot of land as an auction prize and built a house for the winner – that's community spirit for you!

Tweets of the Week

All tweets are from Chichester people or about the area (Some tweets may contain errors) **Let us know what you think @Chiherald**

@Discover_Chi
Just heard about highlights of 2014 @festofchi Lots of great stuff planned #chichester Businesses support & sponsors needed #FestOfChi

@ManukaUK
Coming soon ...organic wine... #Chichester!

@SteveMouland
Morning twitter faces My pretty awesome band @ThePingersLive have a #gig on Saturday in #Chichester at @holein_thewall!

@VisitBritain
If a town ends in cester, -chester or -caster it has Roman roots #Chichester is one example http://bit.ly/YsEos http://bit.ly/YsEEhm

@ChichesterCanal
We still have space on our Easter Bunny trips. All children receive a present. Tel: 0845 6538210

@CliveSayer
Lovely walk along #Bognor seafront to Felpham and early breakfast at Lobster Pot at Felpham with@lyndajsayer... Home before the hail!"

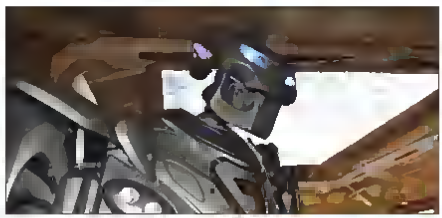
@ChichesterDC
@DogsTrust are offering free #microchipping at our Sherborne Road Park in #Chichester on Thurs 2 April from 10am-2pm.

@sandylprice
#vintage #chichester "...Chichester is an easygoing place and pleasant to visit..

@lollipoppop
Off to enjoy some of the sites of Chichester today :-) x

@@carrm_wallis
Booking spa treatments today at the Chichester park hotel for me and my mumma for Mother's Day

Better than anything London's Science Museum offered



Chichester Colleges Science, Technology and Engineering festival

DEATH

I don't want to die obviously One of the chief worries is how it will happen, and what my final few perceptions will be When my dad died, from a heart attack while mowing the lawn we found a bottle of Guinness he'd put on the bread board in the kitchen to drink in the afternoon sun when the job was done This small discovery was disproportionately comforting

THE MALAYSIAN PLANE

The horror for the poor families of the victims aboard MH370 is they don't have a clue what the last moments of their loved ones were like Or where they are now or why it happened.

WISDOM TEST

Donald Rumsfeld said "There are things we know and things we don't know There are also things we don't know we don't know" If you get this you have a chance

DIGITALISED LONELINESS

There are people today who don't experience anything in life Instead, they film it I was on Worthing seafront at sunset and 3 solitary men crept out and stood separately near me Each had a big camera with a long lens I doubt these men have ever seen a sunset, only their own photos of one

TITAN

Took the family to Chichester College on Saturday morning, Open Day Chief attraction was a giant robot called Titan.

As soon as he appeared half the audience pulled out a mobile phone They never looked at Titan once just at his image on their 2 inch screen A gormless looking lone woman opposite us had her flashlight permanently on for the whole 30 minutes and the laser beam ate into my retinas to such an extent I was still seeing white halos on Tuesday Shame for the movie makers Titan was worth seeing in the flesh. Well, in the Titanium.

FUTILITY

These neatable low-brow documentarians hope to solve their loneliness by proving to friends that they are wearably where it's all kicking off You should've seen it!"

CHICHESTER COLLEGE OPEN DAY

Chichester College were showing what they can do for students interested in Science, Technology, Engineering and Maths (STEM) A superb experience better than anything London's Science Museum offered in 2013 honestly We got to build our own air-driven car hold a giant hissing cockroach watch a 3D printer (when the air cars run out of motor blocks they just printed off extra) and learnt more Next year they must make sure every schoolchild in Chichester visits them.

GINO WASHINGTON IN CHICHESTER

I'm going to see Gino Washington at the Chi Inn on Saturday this is a seriously big deal No offence Chichester but Gino Washington In Chichester! There's an incongruity Like seeing someone seriously cool like Andy Warhol someplace establishment like Wimbledon. I think I had an album of his called something like "Land of a Brazilian Dances"!

CHILDREN'S PLAY

I'm angry that the middle-aged and elderly people who have shaped a Great Britain where parents are afraid to let their children be free to play games in the park or bicycle around or mosey among the shops are the same people who moan about the youth of today being shiftless, spending all their time at home playing computer games For the record, kids the vast majority of people born between 1946 and 1990 are not at all as bright as you are Nowhere near actually

JOKE

George Bush(b 1946) is woken by Donald Rumsfeld (b1932) during a International peace keeping mission." Good news Mr President Two Brazilian soldiers are to get medals Sushi's eyelids flutter" That's excellent." Then he whispers "Remind me, how many is a Brazilian?

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Chichester Herald is a free weekly newspaper available for self-selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83,000**

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Oneworld, newsagents, One Stop, Chichester College plus **422 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute all leaflet one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

Pick up point areas and businesses delivered to include
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It really does work... the testimonials
Furniture & More, based in Terminus Road, say: "Whilst a couple were having a coffee in Ilha, they picked up a Chichesta Herald from the stand in the cafe. They were in Chichester looking for furniture. Having seen it, advised they came around to the showrooms and having been impressed with the quality and prices, they ordered a large selection of goods from us!

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Shop has alcohol licence suspended

A SHOP in Bognor has had its alcohol licence suspended for three months for supplying illicit cigarettes, breaching license conditions and selling alcohol to children.

Inspections by West Sussex Trading Standards, Arun District Council and Sussex Police discovered the majority of the problems last year and then again in March this year when a further Trading Standards operation with sniffer dogs discovered more illicit tobacco hidden under a trap door in a store room at the premises.

Arun's licensing committee decided against a revocation of the licence in favour of a three month suspension and adding further conditions to their licence.

The owner of the business still faces a possible court appearance over the illicit tobacco which was found concealed in a hidden cupboard under the shop counter.

Lionel Barnard, West Sussex County Council Cabinet Member for residents services who oversees Trading Standards, said: "Working together with colleagues at the district and borough councils and Sussex Police, we continue to press the message that selling illicit cigarettes and alcohol or selling alcohol to children will result in the loss or suspension of a business's alcohol licence. All shopkeepers need to realise this. By taking this sort of action we are protecting the interests of the vast majority of shopkeepers who trade within the law."

He added: "I hope this action sends out a clear message that this illegal behaviour won't be tolerated."

Anyone with any concerns about shops selling illicit or age restricted goods to children should report the matter to WSCC Trading Standards by calling Citizens Advice Consumer Service on 08454 040506 or visiting the Citizens Advice Bureau website.

Police seek witnesses to Chichester collision

POLICE are seeking witnesses to a collision involving two 4x4 vehicles which occurred at the Bognor Road roundabout, Chichester, on Sunday, 16 March at around 7.20pm.

A green Land Rover Discovery and a grey Mitsubishi Shogun collided where the A259 Chichester Road joins the A27, causing the Discovery to overturn.

Anyone who saw what happened is asked to phone Sussex Police on 101 or email collision.appeal@sussex.pnn.police.uk, quoting serial 1209 of 16/3.

Chichester police launch Operation Mini to tackle vehicle crime

CHICHESTER Neighbourhood Policing Team has started an operation targeting vehicle crime.

Operation Mini follows a recent rise in the number of offences across Chichester district where vehicles have been broken in to and valuables have been stolen that had been left inside.

Officers are being deployed across Chichester, offering crime prevention advice to members of the public and stopping any suspicious persons or vehicles.

PC Jason Stanley from Chichester Neighbourhood Policing Team said: "We would like to take this opportunity to remind people that they should remove any valuables from their vehicle when they exit and take them with them, even if you are only away from your vehicle for a short time.

"We have had a number of offences across the district which would suggest that offenders have watched victims place valuables in the boot of their car or under their seat and have then waited for the victim to leave before breaking in and stealing the items.

"If you see anything suspicious or have any concerns please contact police on 101."

Child found with seat belt across throat during road safety crackdown

PARENTS moving house were found driving with their six year-old girl sitting on a lap in the front seat of their car.

The child was sitting on her mother's knee with a seat belt across the youngster's throat because the family had filled the back seat with items to go to their new home.

Now the child's father faces prosecution for putting his daughter in danger while he was driving.

The incident happened during a week-long crackdown on seat belt offences across the county.

The family's car was stopped in Sussex on 6 March by a roads policing unit officer on a motorbike who was concerned for the safety of the child.

The driver was lectured by the officer about the danger to the child and issued with a notice warning him that the report into the incident will be considered before a decision is made about what action should be taken against him.

During the week long operation 194 people were found in cars being driven either without seat belts or wearing them unsafely including two children.

Drivers are responsible for ensuring that children they are carrying in their vehicles are wearing seat belts and the adults receive the punishment.

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Groundwater levels still high despite improving weather

DESPITE West Sussex enjoying some dry, sunny weather over the past few days the threat of groundwater flooding remains high around the county

Although groundwater levels are falling, the ground is still saturated following the wettest winter on record.

More unsettled weather has been forecast for next week

Unless a prolonged spell of dry weather occurs in the next few weeks, groundwater flooding continues to be a risk.

Groundwater flooding occurs when water rises up from an underlying water source

There is normally a delay when it emerges after rainfall – varying from a week to a month

Villages susceptible to groundwater flooding in West Sussex experience a quicker rise in groundwater levels than other locations

Flooding will usually occur days or even weeks after heavy or prolonged rainfall, and can last several weeks

Many traditional methods of flood protection, such as sandbags, may not be effective against flooding from groundwater. This is because water can come up through the floor

and toilets, often leading to foul flooding (waters laced with sewage)

Those in flood risk areas should sign up to the Environment Agency's free flood warning system by calling 0845 988 1188 or visiting www environment-agency.gov uk/flood

Although the Environment Agency includes groundwater alerts in this service, there are isolated locations that are not covered

People in properties with a history of groundwater flooding should be vigilant and watch for signs of water infiltration in basements

If you live in areas with high groundwater levels you should consider moving precious belongings out of cellars

For advice on what to do before, during and after floods, visit www westsussex.gov uk/flooding

Highways teams are busy working flat out to repair the damage left behind by the wet weather on the roads

If you see a pothole, you can report it online

Log on to www westsussex.gov uk and click the 'Love West Sussex' logo on the bottom left hand side of the homepage

You can report it by smartphone by downloading the free 'Love West Sussex' app either via the App stores or from lovewestsussex@ westsussex.gov uk

The 'Love West Sussex' App is only to be used for reporting potholes and defects.

For any other problems regarding potholes, call 01243 642105

County Council receives £3.4m funding boost to help roads damaged by severe weather

WEST Sussex County Council has welcomed the news it will get about £3 4m from the Gov ernment to help repair roads damaged by severe weather

Transport Secretary Patrick McLoughlin announced yes terday that an extra £14om was being made available to help authorities in the UK.

The County Council has been told it will receive £3,475,968 as part of its share

The Government released the emergency payment following the wettest winter on record

In order to qualify for this extra funding, the County Council will be required to publish information on its website by the end of August 2014 to show where this mon ey has been spent

The announcement comes weeks before the County Council launches its £30m Better Roads Programme, a two-year scheme targeting rural and residential roads in West Sussex in need of repair.

The Better Roads initiative is above and beyond the an nual road maintenance pro gramme the County Council carries out every year.

County Council Cabinet Member for Highways and Transport, Pieter Montyn, said 'This is a timely boost from the Government, which will strengthen our hand at a time when we are already in vesting heavily in improving our rural and residential road network.

'It means we can repair more roads quicker than we'd originally planned, keep them safe, and make it easier for the residents and businesses of West Sussex to get around."

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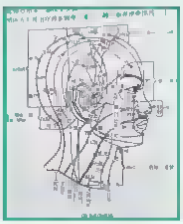

Dr FengWang is an associate of the ATCM (Association of Traditional Chinese Medicine and Acupuncture UK) He has been practising his profession over 18 years and has his own clinic in Chichester town centre

Dr Feng Wang has been practising acupuncture and allied holistic therapies in London Portmouth and Chichester for over 5 years Prior to this having obtained his degree in Chengdu University of tradtional Chinese medicine he had practised acupuncture and medical herbalism in China for 12 years

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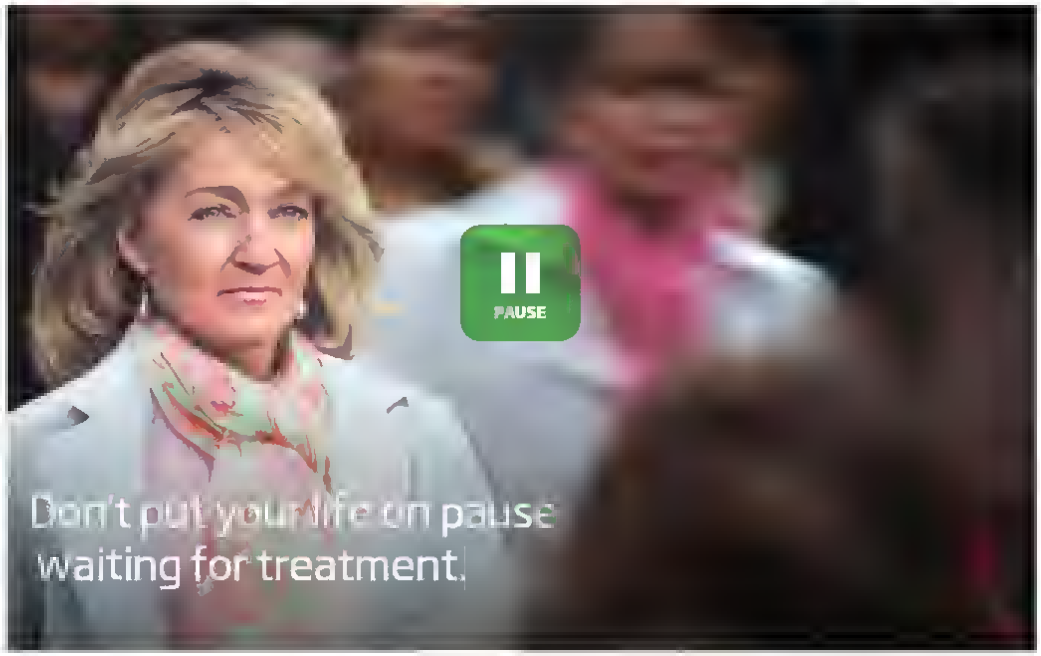

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NH_CS_ChichesterHe .eld

West Sussex County Council backs campaign to keep emergency welfare fund

WEST Sussex County Council is joining with other councils across England and Wales in calling on the Government to change its mind over the scrapping of a fund that provides emergency support to people facing short-term crises.

The County Council is concerned that the withdrawal of the £347million Local Welfare Assistance Fund will leave it unable to help out families in crisis.

It will be joining with the Local Government Association in lobbying the Government and wants residents in West Sussex to write to their local MPs.

The Fund was introduced in 2013 to replace Government provided crisis loans.

West Sussex was allocated £1.24m from the £347million total, which it directed towards its Local Assistance Network. This small amount means families in trouble with no other means of help have some means of support.

Without it there is a risk that families in dire circumstances may be forced to seek help from loan sharks.

However, this year's Local Government Finance Settlement revealed that Government funding would not be renewed in 2015.

This decision was taken without a promised review of the grant ever having taken place.

Through the Local Assistance Network, West Sussex has set up a network of voluntary and community groups who are able to meet urgent need by providing assistance in kind, such as furniture, vouchers for food banks or other household essentials.

The Network also links with the District and Borough Councils and the Children and Family Centres and supports the individual, couple or family to make lifestyle changes.

Council leader Louise Goldsmith said: "This is a disappointing decision by the Government and through the Local Government Association we will be making our feelings known.

"While we all understand the need to make savings and deliver efficiencies, this is a cut too far, and we hope the government will be prepared to revisit its decision. We had set up exactly what the Government wanted us to set up and we believe it was helping people in need.

"West Sussex County Council and our partners are delivering a far more efficient service than Government was ever able to and are able to help people make changes in their lives so hopefully they will not require this sort of short term aid again. Other councils could have adopted this scheme.

"We have now been left with an unfunded new burden so if we fund this – and we know that morally we have to – then another service will lose out. This is about people needing help at the most vulnerable point in their lives.

"Without it, I fear many people will go to loan sharks and find themselves in even worse trouble."

Council leader Louise Goldsmith fears many people will go to loan sharks and find themselves in even worse trouble

DURING the first year the West Sussex Local Assistance Network will have provided help to more than 11,000 individuals/couples or families.

Many of the beneficiaries are not in the labour market because they have long term health related conditions. Others are in work but are on a low income, are waiting for their first pay cheque or are waiting for a job to begin.

Over two-thirds of requests for help have been for food vouchers. Reasons people needed the help: 17% suspension of benefits, 20% delay of benefits, 21% had spent their money; 16% had suffered unexpected crises. A further 10% were for a variety of other reasons. A total of 50% of requests have come from single people and 37% from families.

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The air show will feature fighter, bomber and transport aircraft types that would have been seen over the beaches of France, together with thrilling ground content, including a march past by Normandy veterans and serving personnel from the Parachute Regiment. This special D Day anniversary air show is not to be missed.

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington

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Money awarded to Nappy Library

THE LOCAL Cloth Nappy Library is celebrating after being awarded two grants. A sum of £390 from the West Sussex County Council's Staff Good Causes Fund, and £500 from the County Council's South Local Committee. The grant will be used to buy new nappies to extend the nappy loan service. The new nappies will be available just in time to celebrate Real Nappy Week, which starts on 28 April. Watch out for cloth nappy events across Chichester!

The NCT West Sussex Coastal Cloth Nappy Library, supported by Transition Chichester, offers parents-to-be and new parents the chance to try out cloth nappies in a lending library scheme across the area. The library is part of the UK Cloth Nappy Network and Go Real, and is co-ordinated by volunteers who are parents and experienced cloth nappy users. The library has a range of stock in differing sizes and styles, wraps, washable wipes, liners, buckets and other accessories available to suit birth to potty. A £10 deposit is required to borrow the nappies, which come with easy to follow guidance and plenty of support and advice. This is a service for the whole community. The library is promoted at various events across the area, and holds regular drop-in sessions at the Chichester Family Centre (St James' Road) on the third Thursday of each month from 9.30am – 11am. Parents can come and ask questions and see the nappies, or arrange a 1:1 advice session if they prefer. Catherine Cannon, one of the volunteer co-ordinators, said: 'Modern cloth nappies are easy to use, will save you money compared to disposables and are a great way to shrink your rubbish and reduce your impact on the environment.' The team would also welcome donations from parents who have cloth nappies they are no longer using, so others can benefit from trying them.

Contact details:
Website: www.nct.org.uk/branches/west-sussex-coastal/cloth-nappy-library
Facebook: NCTWestSussexCoastalClothNappyLibrary
Email: clothnappylibrary@yahoo.co.uk Phone: 01243 783801

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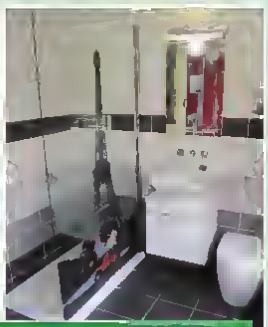

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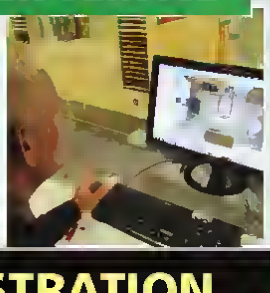

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The riddle of the Roaring Forties

Allis Moss

On the Case

Until now the Mary or Marie Celeste had been cited as the greatest maritime mystery of all time, after the merchant ship was found abandoned by its crew under sail in the Atlantic Ocean. The crew's valuables were there, the ship's cargo, food and water for six months, all in place, virtually untouched. But 142 years later, in an age when we can all but pinpoint an ant on Google Earth, here we are, mired in a maritime mystery that makes the Marie Celeste look tame.

There's always the knowledge that in writing about a fast-moving, constantly-shifting story in advance, you risk being overtaken by events. That might happen here. It has already been a particular feature of missing flight MH370. Various official statements sounding notes of finality have had doubt cast over them just hours later. While it seems unlikely that there can be anything other than a bleak outcome, we should remember that there have been incredible cases of air crash survivors in hostile and remote regions after more time has elapsed than this. Until debris is confirmed as coming from the missing plane, it's still only a working model of what happened and not what actually did.

If the lost plane is where the London satellite company that has plotted its likely trajectory says, its black box could be 3 miles down on the southern Indian Ocean floor. Landfall is 4 hours away. It's the Roaring Forties of the Southern Hemisphere, so called because of the high wind speeds you get at that latitude. It is a salutary lesson, recognising that the global village in which we live still has limits.

Hands off our tap water!

I have just bought a Bobble flask for £7.99 to remove sediment from my tap water. We are supposed to drink a couple of litres of what I have heard affectionately referred to sometimes as 'Sussex wine' (water!) a day and filtered tastes better. The rest of the time I buy Chichester Sainsbury's Basics sparkling table water (strapline – "definitely not from the tap"). Their 2 litre plastic bottle costs 17 pence. It doesn't break the piggy bank but, call me old fashioned, I want to be able to drink and cook tap water without added fluoride.

Previous attempts to fluoridate the drinking supply in neighbouring Hampshire ended up in court. Now a government agency has picked open the scab again. It couldn't avoid doing so, since Public Health England is under obligation to provide reports on fluoridation every four years. Its conclusion is to think about it, since it appears to cause child tooth decay to drop.

The agency's spokesman on the south coast, Rob Nicholls, tells me the current proposal is for Southampton and parts of Hampshire to have their water supply fluoridated. Southern Water provides 529 million litres of drinking water to customers every day in Sussex, Hampshire and the Isle of Wight. Can they fluoridate one part of their supply without compromising the rest? Thanks for trying to cut the cost of NHS dental care with a mail-shoot measure, but no thanks. We have to pay a charge for water in our home. We can't opt out or choose a different provider like our broadband. But we can choose to clean our teeth or gargle with fluoride and eat fewer sweeties or spoons of sugar in our tea.

Ruling

A man who fought a 16-year legal battle has won a victory for consumers. Richard Durkin bought a laptop from PC World then returned it according to store policy. However, when he understandably cancelled his credit agreement to pay for it, his bank blacklisted his credit rating. Three cheers that a precedent has now been set by the courts to protect consumers from being penalised unfairly by the banks.

Overdrawn

A friend, let's call him Pete, has reminded me how keen the banks are to increase your overdraft. You get a text, like he did, telling you, "you now have a £4,000 limit". But the minute you go a penny over, BAM! You're charged for it, putting you deeper in debt while earning them interest.

Haircut 10

Take an eighties pop outfit and divide by 10 and you get the number of haircuts men are apparently allowed to sport in North Korea. As culturally isolated as the southern Indian Ocean is remote geographically, the country is reported to offer women a choice of 18 haircuts. But choices for men are said to be growing ever more slender, with the style adopted by the country's leader believed to be the only one now on offer in salons.

And finally

None of the Marie Celeste's crew of seven were ever seen or heard of again. We can only hope and pray for a different outcome for the passengers of flight MH370. Our hearts go out to the relatives.

Contact Allis: allis.moss@chichesterherald.co.uk

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Serious about the Sciences – New Head Boy and Girl at MRC announcement

SIXTH Formers, Styn Oomen and Jen Welsman were a popular choice as Head Boy and Girl and are looking forward to the demanding challenge that the positions will hold for them in the coming year. Originally pupils at Midhurst and Easebourne primary schools respectively, they are now students of the sciences and further maths at Midhurst Rother College.

Styn and Jen both have definite ambition and focus. Styn's mind is most firmly set on a university place at Cambridge with a career in research either at CERN, Switzerland or Stamford in the USA. Jen is on track and bound for veterinary college, particularly interested in zoo and exotic animals. She has always wanted to be a vet, but more recently was inspired by the Safari Vet School TV programme which made her change tack slightly and aim for a similar course in Africa.

Both are very active out of College with Jen, a member of the Cowdray Cafe team and a Level 1 qualified swimming coach, who takes weekly groups to The Herons in Haslemere, and Styn a regular runner and cyclist. Although studying and reading take up a lot of their time, they are both fired up to contribute as much as possible to the next year of Midhurst Rother College. They have already started planning charities week for April 2015 and are factoring in events throughout the calendar which particularly support local charities. They also want to take every opportunity to participate in community projects such as MadHurst and the Midhurst Town 'Happy' Song project.

National and International Charities have an amazing network of backers and although we won't put the special days such as Red Nose day aside, we will be mainly looking closer to home," says the couple.

Styn and Jen are also looking forward to being ambassadors in and out of College and will play high profile roles at the College's WW1 Centenary Commemorations in November.

Photo of the week

#Chichesterphoto

Caroline Spilly @CarolinesDairy
Fluffy kissed Chocy – never thought I would see the day! #farm #Chichester pic.twitter.com/caNy3zQ6eN

Win a meal for 2 at Murrays

Murrays

Chichester Herald in partnership with [illegible] fabulous meal for two people [illegible]

The Chichester Herald will be running a competition sponsored by Murrays [illegible] every week where you have to guess [illegible]

For your chance to win this amazing prize please answer the following photo question:

Can you guess where this picture was taken within the Chichester area?

For your chance to win this weeks competition email your answer name address and contact number to **news@theshiphotel.net**

North Street Chichester West Sussex PO19 1NH
Tel +44 (0)1243 778000 Email enquiries@theshiphotel.net

Entries close on Wednesday 2 April 2014 at midday. The competition is for one winner who wins a 3 course meal for two from the Prix Fixe menu. There is no cash alternative. A winner will be announced by Murrays every Wednesday. Entry details may be kept on file. Last week's answer was: West Dean College.

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National News

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News in Brief

• A competitor in the Worthing Birdman competition in West Sussex has been ordered to pay £20,000 in legal costs following a lengthy battle with the organisers. Steve Elkins, from Derbyshire, claimed he reached the 100m mark in 2009 which entitled him to the £30,000 prize. He lost the case and has now been told to pay more than £20,000 in costs to the Worthing Town Centre Initiative. Mr Elkins flew for 13.68 seconds in August 2009, registering an official distance of 99.86m. A review of his flight ruled he fell 14cm (5.5in) short of winning the £30,000.

• A police officer who Tasered a blind man after mistaking his white stick for a samurai sword has been ordered to apologise in person. Colin Farmer was hit by the stun gun in Peter Street, Chorley in October 2012. A Lancashire Police gross incompetency hearing also recommended PC Stuart Wright be given a performance improvement notice. Mr Farmer is planning a civil action and said an apology would be "a couple tears" and "too little too late".

• A further 122 objects potentially from the missing Malaysian plane have been identified by satellite, the country's acting transport minister has said. The images, taken on 23 March, showed objects up to 23m (75ft) in length, Hishammuddin Hussein said. All aircraft taking part in Wednesday's search have now left the area without identifying debris from the plane. Flight MH370 from Kuala Lumpur to Beijing disappeared on 8 March with 239 people on board.

• Health Secretary Jeremy Hunt is urging the NHS in England to reduce the number of serious mistakes being made and save 6,000 lives over the next three years. Mr Hunt said NHS trusts should draw up plans to halve "avoidable harm" such as medication errors, blood clots and bedsores by 2010-17. He says this could stop a third of the preventable deaths in the coming years, equivalent to 6,000 lives saved. The trusts that take action will get reduced premiums for insurance cover.

Ed Sheeran's clothes found at Framlingham charity shop

THE MYSTERY over which charity shops pop star Ed Sheeran had donated clothing to has been solved.

The singer-songwriter sparked a flurry of interest earlier this week after he tweeted that he had "given my whole wardrobe [to] a bunch of charity shops" somewhere in Suffolk.

Now the St Elizabeth Hospice shop in his home town of Framlingham has taken delivery of eight bags of items.

It urged fans not to turn up until they had priced them.

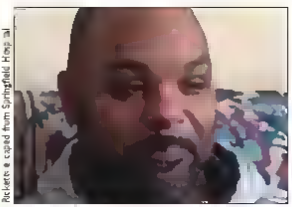
The charity, which runs a hospice in Ipswich, said a special "one-off" sale of the clothes would take place "in the next few days".

Sue Goodchild, the charity's head of retail, said: "We are extremely grateful to Ed Sheeran and his family for this donation.

"The Sheeran family have long been supporters of St Elizabeth Hospice and understand how we rely on local support of our 20 shops to help fund local hospice care for people in East Suffolk and South Norfolk."

Sheeran, 23, is also an ambassador for East Anglia's Children's Hospices (EACH) and the charity said fans had visited its shop in Ipswich to see if the clothes had been taken there.

Tube knife attacker escapes hospital for second time


Ricketts escaped from Springfield Hospital

A MAN with paranoid schizophrenia who stabbed a stranger at a Tube station has absconded from a mental health hospital for the second time.

Mark Ricketts, 47, escaped from Springfield Hospital, Tooting, south London, on Saturday evening.

A Met Police spokesman said he does not have his medication and "extensive efforts are underway" to find him.

Ricketts stabbed Mark Kemp in the stomach with a large kitchen knife at Tooting Broadway Station in 1993.

He first escaped from Springfield Hospital in 2004 while he was on a day visit from Broadmoor Hospital where he was being treated for mental health problems.

An investigation found he absconded after staff took him on an unplanned walk outside a secure area.

Police are advising the public not to approach Ricketts and to call 999 immediately if they see him.

He is described as black, 6ft 2ins and of large build. At the time he went missing he was wearing a blue tracksuit top and bottoms and black trainers.

Best man stole from wounded soldier friend

THE BEST MAN of a soldier wounded in Afghanistan has been jailed for stealing thousands of pounds from his friend weeks before his wedding.

Pte Alex Stringer, 23, of Canvey Island, Essex, lost both legs and an arm in Afghanistan in 2011.

Basildon Crown Court heard how his friend Conor Aldous, 22, acted as Pte Stringer's carer.

During that time, in 2012, Aldous stole £9,500 from him. He was jailed for 10 months after admitting theft.

The court heard how Aldous, shortly after he stole the money from Pte Stringer, helped him walk down the aisle on artificial legs.

Judge David Owen-Jones, sentencing, said: "It was a mean offence.

"He was extremely vulnerable and you abused that trust.

"It is a very serious offence and only an immediate custodial sentence can be justified."

Aldous, of Grays and who was accompanied to court by his pregnant girlfriend, showed no reaction as sentence was passed.

His partner broke down in tears as Aldous was led to the cells.

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Joules of Chichester is bigger and better than before!

27th March 2014 from 10am
9 South St, Chichester, PO19 1EH

FAVOURITE British lifestyle clothing brand, Joules are excited to announce the opening of a new store in Chichester which will be stocking the adult Joules range. The previous store will now be dedicated to Little Joule!

Capturing the true essence of British style, Joules has become renowned for clothing of the highest quality clothing, splashed with bright colour and adorned with bespoke detail. Inspired by a true country heritage, they have struck a chord with men, women and children who love the outdoors and live life to the fullest.

To celebrate the launch, the early birds will catch the worm on the 27 of March! From 10am be the first in the queue outside the NEW store will receive a £100 voucher. The next 10 early birds will get a £50 voucher and the following 10 will get a £20 voucher. Richie P, Joules' house musician, will be there to sing us through the day.

The first 50 customers will also receive a fantastic Joules goody bag on the day. Head on down to 9 South St on 27 March to meet the Joules farmyard animals and treat yourself to some great buys!

A journey into the Future and Innovation: Chichester College encourage career opportunities in Science and Technology in the Community

CHICHESTER COLLEGE'S Science, Technology and Engineering festival has inspired students and youngsters from a range of schools in the Sussex area to learn about career choices in the ever-growing field of Science and Technology.

The two-day Science, Technology and Engineering festival from 21 and 22 March was jam packed with interactive stands from Animal Management showcasing 'Science behind Vet Nursing' where interested minds could view a variety of parasites under the microscope, to a Forensic Crime Scene investigative team explaining fascinating facts such as how insect larvae can be used to predict time of death.

An exciting atmosphere remained at Chichester College, with constant visitors from Cross-College and schools such as Midhurst Rother and Bishop Luffa, who took full advantage of the educational, fun and informative career choices Chichester College portrayed.

Awe-struck students also watched performances by TITAN the Robot who has performed alongside Rihanna, Will.i.am and most recently at the Winter Olympics 2014 in Sochi. TITAN hitting heights of 6ft and making the audience laugh with his warm humour took centre stage at the Science, Technology and Engineering event held to inspire the next generation.

Throughout the two-day event there were many fun filled challenges that visitors could experience and enjoy. The Engineering team at Chichester College surpassed themselves with the provision of Welding & Fabrication, Blacksmithing, 3D Printing, Metalwork and the 'Wheel Change Challenge', which saw the quickest time from Curtis Ashill at 31 seconds.

Alongside the practical workshops, the schools and students were given the opportunity to talk to experts from the field about science, technology and engineering. Maths Lecturer Keith Sutton from Chichester College brainstormed with the youngsters about how Maths is used in everyday life and the innovations it has created. Engineering Lecturer Chris Goy pondered with students about technology moving into the future such as the super strong cement structure that has been used to build the new World Trade Centre in New York.

Bishop Luffa School said "We didn't realise how much there was on offer to our students at Chichester College. We have had a great day!"

Thousands raised by Sainsbury's

SAINSBURY'S Chichester got behind Sports Relief 2014 this year by putting on and taking part in a number of fundraising events throughout the week. Such as Cycle your Service, colleague and manager flash mob, colleague bake off, guess the name of the pig, guess how many sweets in the jar and guess the weight of the balls in the bag were just a few of the events at the front of the store. Sainsbury's also sent colleagues to run the sports relief mile in the Olympic Park in London and collecting at Brighton train station.

In total with the help and support of customers and colleagues they managed to raise an amazing £3301 – and still counting.

Sainsbury's would like to say a massive thank you to all their customers who helped make this possible.

Mothering Sunday - visit Tawny for those special flowers

WITH MOTHERS DAY fast approaching, we're all looking for that unique and thoughtful gift that shows just how much we care.

This year don't just buy flowers that look pretty, go for more thought behind them and buy flowers that have a special meaning.

All flowers have different and special meanings such as:

The Favorite: Carnations

It comes as no surprise that when people think of Mother's Day flowers carnations come to mind. Mothering Sunday initially became a traditional celebration from when the servants where let off for this one afternoon a year and spent their time with their mothers. Carnations have since come to signify purity, faith, love, beauty and charity which are all represent motherhood.

The Cheerful: Gerbera Daisies

Nothing says cheerful quite like the gerbera flower which their bright and daisy like flower. If your mom tends to radiate happiness, gerberas are a good choice to use in a bouquet. They are known for their robust flowering heads that look very daisy like. While they have come to symbolize innocence, purity and beauty, the gerbera primarily represents cheerfulness, because of its welcoming appearance and multiple bright colors varieties.

The Fun Loving: Tulips

If your mum is a light hearted, easy going person, the tulip flower definitely belongs in her bouquet this year. With a fresh, happy looking appearance, no flower emulates spring quite like tulips. They are said to represent comfort, coziness and happiness, which makes them an ideal gift for Mother's Day.

The Classic: Roses

If everything else fails, there will always be roses. If your mother is traditional, roses could be the best option for here. Whilst red roses are most commonly associated with romantic love, a lighter red or deeper pink colour, means gratitude and appreciation. Also, yellow roses are said to represent caring nature, whilst white roses mean purity and brightness. Considering their meaning, a combination of any of these spring type colour roses would make a perfect Mother's Day flowers for your more traditional mum.

Look no further than Tawny Nurseries this weekend, we are a small family business in Burdham with a plant/gardening department as well as our floristry section, where you can find wonderful bouquets from £10, or if you're looking for something a bit different, stem vases are great, three bottles in a little wooden box, perfect for small flowers to go in and it can re-used again and again for only £12! Tawny have a new range of vases, jugs, milk churns and many more pots and containers for plants and flowers which would suit any mother's style!

Arts & Entertainment

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Now showing at Cineworld Chichester

Nail-bitingly tense and breath-takingly violent

Starred Up
Running time: 105mins
Director: David Mackenzie
Starring: Jack O'Connell, Ben Mendelsohn, Rupert Friend, Sam Spruell, Anthony Welsh, David Ajala, Peter Ferdinando, Gershwyn Eustache Jnr, Raphael Sowole, Tommy McDonnell

★★★★☆

Gripping and sharply written British drama that offers an intriguing twist on the usual prison movie clichés and features a star making performance from Jack O'Connell

What's it all about?
Directed by David Mackenzie, Starred Up (a prison term referring to a young offender transferred to an adult prison for excessive violent behaviour) opens with teenager Eric Love (Jack O'Connell) being processed, stripped and shown to his jail cell as he's transferred to an adult facility where his estranged father Nev (Ben Mendelsohn) is also an inmate. Shortly afterwards, Eric runs foul of the prison authorities when he violently beats a fellow prisoner in the mistaken belief that he was under attack, in the subsequent fight, Eric proves he's more than capable of holding his own against the screws, but volunteer therapist Oliver (Rupert Friend) persuades the governor to let Eric join his anger management group, believing he can help.

The Good
Jack O'Connell (Tower Block, TV's Skins) delivers a star making performance as Eric, dialling down his usual wise-cracking jack the-lad persona in favour of something altogether darker, simmering with pent-up violence and a wily cunning borne of previous prison experience – a masterful early sequence leaves us in no doubt that Eric can handle himself no sooner has his cell door closed than he's fashioning a shiv using a razor blade, a lighter and a toothbrush and making a makeshift screwdriver so as to hide his weapon in his light fittings.
Ben Mendelsohn is equally good as Nev, a complex character that the script lets you try and figure out for yourself, while Rupert Friend is impressive as Oliver and there's strong support from the likes of Peter Ferdinando as the wing's "daddy" and David Ajala as Tyrone, a group member who befriends Eric. The group therapy sessions are particularly well handled, especially the way Eric gradually comes to recognise their value.

The Great
The script is excellent and the concept of an estranged father and son bonding in jail offers an intriguing twist on the usual prison movie dynamics. In addition, Mackenzie maintains an atmosphere of nail-biting tension throughout (every confrontation is hide-behind-your-fingers stuff), broken up with powerful and shocking moments of violence (Eric's quick thinking use of his teeth is a particular highlight).
On top of that, the film has a subtle but important message about the system's failure to reach out to angry young men and the action builds to a superb, edge-of-your seat climax, even if it does stretch credulity a little. Great final shot too.

Worth seeing?
Starred Up is a powerfully emotional, nail-bitingly tense and breath-takingly violent British prison drama with an intriguing, cliche-bending script and a pair of terrific performances from Jack O'Connell and Ben Mendelsohn. Highly recommended.

Sky Diary April 2014

By Peter Littlejohns

Venus shines like a lantern, rising around 05:00 near the E horizon and close to the Moon on the 25 April.

In the evening Mars now appears in the SE in the constellation of Virgo, being at its closest to the Earth in the second week of April at a mere 92 million km distance. It is about half the size of the Earth and is a distinct pale red colour. It has two moons called Phobos and Deimos which are thought to be captured asteroids as neither is spherical in shape. They are approximately 22 and 12km diameter respectively, the latter sporting a large crater which must have nearly destroyed it at the time of impact.

Between the orbits of Mars and Jupiter lies the Asteroid Belt, comprising billions of chunks of various sizes of rock from pebbles to several hundred kilometers diameter. Two of the larger ones, Vesta and Ceres, can be seen in Virgo (near Mars) and can be tracked with good binoculars over several nights against the background stars.

Jupiter is still a very bright evening object high in the S in Gemini setting after 02:00.

Saturn is now rising after 21:30 in Libra and good binoculars held still will reveal its lovely ring system which is 'wide open' at present.

The main Meteor shower this month diverges from Lyra in the NE. The meteors are small particles left over from when the Earth went through the tail of Comet Thatcher. They are fairly bright and best seen before the Moon rises.

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q **Rupert Friend plays Peter Quinn in which popular American drama series?**

A. HOMELAND
B. THE BLACKLIST
C. THE FOLLOWING

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 1st April 2014 at midday. The winner will be notified later on that day. Last weeks winner was Rebecca Grimsey from Chichester. Chichester Herald competition terms and conditions apply.

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Take part in fun packed Easter holidays in the Chichester District

CHILDREN AND YOUNG PEOPLE in the Chichester district can beat the boredom and get active this Easter with a number of activities.

Throughout the two week school holidays, from Saturday 5 to Sunday 20 April, there will be a range of sporting and cultural activities and events being run at various locations across the district.

The popular Sport in the Community activities include:

Rugby in the Community holiday courses – at Tangmere Recreation Ground with Driving Force Rugby Coaching Ltd on Monday 7 and Tuesday 8 April,

Football in the Community holiday courses – at Tangmere Recreation Ground with Brighton and Hove Albion FC on Thursday 10 and Friday 11 April and at The Grange, Midhurst on Wednesday 16 April,

Chi Sport Camps – at the University of Chichester on Monday 14, Tuesday 15, Wednesday 16, Thursday 17 April. Choose from a range of sports including cricket, basketball, racquet sport, netball, and multisport camps.

These courses are open to boys and girls aged 6 to 15 (school year 2-10) of all abilities. All courses run from 10am to 3pm. There is a focus on all-round player development, different training drills as well as games and tournaments, but most importantly the sessions are about having fun. All coaches are fully qualified and DBS/CRB checked.

The cost is £7.50 per child per day or £5 for any tenants of the activities' funding partners. To book online go to www.chichester.gov.uk/sportincommunity or contact the council's Sport and Leisure team on 01243 534799 or sport@chichester.gov.uk.

Funding to run the courses is provided by the following local housing associations: Home, Affinity Sutton, A2 Dominion Group, Hyde Martlet and Raglan Housing Association.

Activities at The Novium museum include two special workshops:

Word Play children's creative writing workshop – create poems and stories in the museum. Tuesday 15 April from 10am to 2pm. For ages 8 to 11. £8 per child, booking is essential,

Cardboard Constructions – build with boxes and make art inspired by the museum. Thursday 17 April from 10am to 2pm. For seven to 11-year-olds. £8 per child, booking is essential.

Plus, there will be crafts and hands-on activities for all the family themed around the museum's new World War One exhibition at a special In the Wars Weekend on Saturday 12 April.

For more information contact The Novium on 01243 775888, email thenovium@chichester.gov.uk or visit the website at www.thenovium.org.

The museum has also teamed up with Chichester Harbour Conservancy for a family event featuring tales of the harbour – Bygone Harbour on the Solar Boat – on Wednesday 16 April at 11.30am at Chichester Harbour. To book call 01243 512301.

Westgate Leisure, Chichester will be running a daily Burst holiday club from Monday 7 to Friday 18 April from 8.30am to 5.30pm.

The club is for children aged six to 16 years old and can be booked for the whole day or half day. Activities include: arts and crafts, Waterwalkerz and inflatable swim, snorkelling; trampolining, team sports, and bouncy castle and soft play.

The cost per child is £10 for half day and £23 for full day. Book before Sunday 30 March and receive an 'early bird' discount.

To book a place please email lsargeant@chichester.gov.uk or call Westgate Leisure Chichester on 01243 785651.

Councillor Eileen Lintill, Cabinet Member for Wellbeing and Community Services at Chichester District Council, says: "There's so much going on this Easter for young people across the Chichester district to take part in. Parents can be happy that these great opportunities will keep their children active and entertained, in a safe environment. The events are also a wonderful way to try out new things and make new friends. I'd encourage people to take full advantage and make this school break happy, healthy and fun."

What's On in your local area...

• THE creators of the iconic Doctor Who soundtrack are to reform for a one-off performance at the University of Chichester next month. British electronic group the Radiophonic Workshop will be playing songs from their original repertoire at a day long event on Friday 11 April. The pioneering quintet, were the original sound effects unit for the BBC during the 1950s will also be talking about their half century of music with the audience. The group, who were home to engineers and musical innovators used handmade synths, oscillators and tape loops to create tracks for television and radios most iconic programs including Horizon, The Hitchhiker's Guide to the Galaxy, and Newsround. However its members are best known for creating the title track for hit BBC show Doctor Who as well as its TARDIS sound effect, which is still used in the re-launched series. The day long event, which runs from 10am until 11.30pm is being held at the institution's Bishop Otter campus in Chichester. To find out more about the event, including how to book tickets, visit www.radiophonicworkshop2014.co.uk.

• On Sunday 20 April Chichester Model Engineers are holding their first Steam on Sunday of the summer season at their site in Blackberry Lane, Chichester PO19 2FS between 2.00 and 5.00. Admission & free tickets for train rides with miniature steam or diesel locomotives are only £1 each. The popular 'Drive A Train Yourself' model railway Blackberry Junction will be in a new home and the outdoor 'Garden Railway' will be running some newly built model trains. Light refreshments will be available. For further information please see our website www.cdsme.co.uk.

• Concorde is a social club which provides friendship and companionship for single people. It is not a dating club but any members who form relationships or marry remain members.
It meets every Tuesday at the Walnut Tree Runcton and holds a variety of events throughout the year. New members are very welcome. Anyone who would like more information can visit www.concordesinglesocialclub.org.uk or phone 01243 575083 or 01243 604715.

CHICHESTER PICKERS (The Chichester Acoustic Music Club) invites all who would like to sing/play their own choice of music and those who would like to enjoy local musicians performing in an intimate and friendly gathering. We have players at varying levels but we are not judgemental.
We meet every second and fourth Thursday in the skittle alley of the Gribble Inn, Gribble Lane, Oving, PO20 2BP.
More details from Andrew@andrewperry.plus.com or 01243 776391.

• Chichester Art Society has a series of five workshops in April and May to help you be A More Creative Artist. They will be tutored by one of the Society's talented members Shân Harnes and are designed to show you various techniques and approaches to enliven your work and take it in new directions. They run from 1.30pm to 4.30pm on Tuesdays April 1st, 8th, 15th, 29th and May 6th at Bassil Shippam Centre (parking and easy access) and are open to non-members at £30 each or £115 for all five (to include refreshments). For further information and to book a place contact the secretary on 01243 602360 or email jean.campbell@zen.co.uk.

• Monthly meetings carried out partially in Welsh, rest in English all levels of Welsh welcome, meetings in members houses- contact Geoffrey on 07968 215 256 or gjthompson@btinternet.com.

• The tenth annual Fishbourne Flat Five will take place on Sunday 1 June. This hugely popular event will see over be a 5-mile run/walk following the traditional course around the harbour. We will meet at the Fishbourne Centre at 09.45am with the event starting at 10.00am. This event is aimed at competitive runners and first timers as well as individuals or groups who enjoy walking round the harbour.

This year we are delighted to announce that money will be raised for Fishbourne Primary School. They are raising funds to replace the existing old and worn-out staging with a modular staging system which would allow the school to create anything from a flat staged area for a nativity play to a multi tiered stage for a musical performance. It would be absolutely fantastic if we could have lots of local walkers and runners to support this excellent project which will be benefit all the children who attend the school.
Entry forms and further details will shortly be available from the website www.fishbourneflatfive.co.uk or at Fishbourne Primary School, the Fishbourne Centre, Bedse Lou and the Westgate Centre or please contact Su Leeming on 01243 774311.

If you would like a non-profit or profit to charity event listed, then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and remain here as supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

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Too early for junk food ads say campaigners

CHILDREN are being exposed to TV adverts promoting unhealthy food which should be banned during primetime family viewing, says a campaign group.

Action on Junk Food Marketing analysed 750 adverts shown during the X Factor on ITV and the Simpsons and Hollyoaks on Channel 4 over 20 hours.

It found one in 10 promoted fast food restaurants, confectionery or supermarket junk food".

But the government said advertising was not to blame for childhood obesity.

The analysis, which was carried out by researchers at the University of Liverpool, found that unhealthy food items accounted for 11% of all adverts and around half of all food adverts.

They said the most frequently shown adverts for unhealthy food products came from supermarkets such as Aldi and Morrisons, followed by fast food chains such as Dominos and Kentucky Fried Chicken (KFC).

Chocolate manufacturers like Lindt and Cadbury and brands such as Clover and Flora Buttery were also included on the "unhealthy" ads list.

The researchers looked at adverts shown during 10 hours of X Factor programmes and another 10 hours of early evening Channel 4 programmes during the run-up to Christmas 2013.

The campaign group Action on Junk Food Marketing, whose members include the Children's Food Campaign and the British Heart Foundation, said children's TV viewing peaks around 20.00 but laws to protect children from targeted advertising only cover children's programmes, which tend to be broadcast earlier in the day.

Simon Gillespie, chief executive of the British Heart Foundation, said: "Parents don't expect their children to be bombarded with ads for unhealthy food during primetime TV, but that's exactly what happens.

"Even when the show is over, junk food marketers could be reaching out to young people online. A lack of regulation means companies are free to lure kids into playing games and entering competitions, all with a view to pushing their product."

Prof Mitch Blair, officer for health promotion at the Royal College of Paediatrics and Child Health, said: "Children should not be exposed to marketing that undermines efforts to promote healthy lifestyles."

advertising junk food during family-friendly programmes like the X Factor is known to work.

"Not only are children and young people easily influenced and parents worn down by pester power, but food companies wouldn't spend huge amounts of money if it wasn't effective."

Campaigners want the ban on "junk food" advertising to be extended to 21.00.

"Children should not be commercially exploited and the advertising industry must take some responsibility for helping tackle the growing problem of childhood obesity," Prof Blair said.

The government said advertising was just one aspect in determining children's choice of food and one part of the package aimed at tackling childhood obesity and poor diet. It added that it was keeping "this area under review".

The Advertising Association went further saying the report was "lobbying dressed up as science" and the current rules on advertising were working.

Communications director Ian Barber added: "The UK's evidenced-based approach to the advertising rules works, balancing sensible protections with the freedom to advertise, allowing companies to compete – to the benefit of us all – and providing important funding for free-to-air TV."

But there is general agreement that with around one-third of UK children now overweight or obese, encouraging families and children to eat healthier diets is important.

Dr Alison Tedstone, director of diet and obesity at Public Health England, said they were working with the food industry to promote healthier products on TV through their Change4Life campaign.

"We recognise that we are all influenced by food adverts on TV. We are all eating too many calories and too much salt, fat and sugar which impacts on our health, causing obesity which increases our risk of cardiovascular disease, type-2 diabetes, and some cancers."

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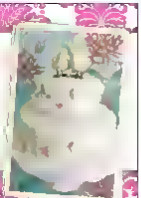

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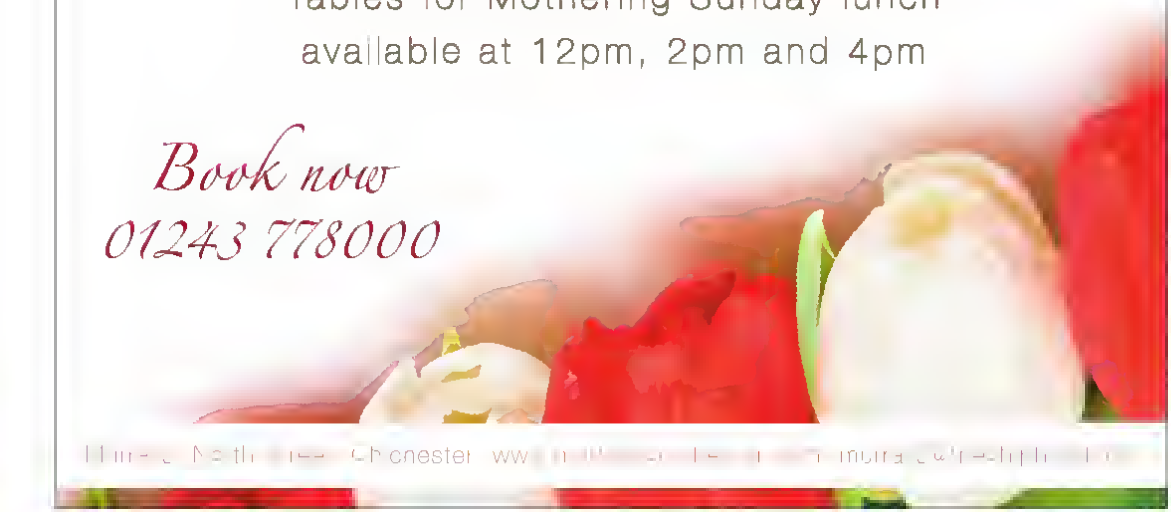

Murrays North Street Chichester www.murrays-restaurant.co.uk

Spring is here!

Denise Kelly
Naturopathic Nutritional Therapist

One of the first foods that signal the start of spring for me is the appearance of fresh asparagus at local farmers markets and supermarkets Spring is a time of new beginnings, so make sure you include all the foods in your diet now that are going to be beneficial to your health It's a great time to cleanse the body and the soul Just as a spear is used as a weapon, asparagus's javelin-shaped form could be viewed as symbolic for its age- and disease-fighting abilities. Asparagus is just packed with health benefits.

1. It's loaded with nutrients Asparagus is a very good source of fiber, folate, vitamins A, C, E and K, as well as chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells.

2. This herbaceous plant—along with avocado, kale and Brussels sprouts—is a particularly rich source of glutathione, a detoxifying compound that helps break down carcinogens and other harmful compounds like free radicals This is why eating asparagus may help protect against and fight certain forms of cancer, such as bone, breast, colon, larynx and lung cancers

3. Asparagus is packed with antioxidants, ranking among the top fruits and vegetables for its ability to neutralize cell-damaging free radicals This, according to preliminary research, may help slow the aging process.

4 Another anti-aging property of this delicious spring veggie is that it may help our brains fight cognitive decline Like leafy greens, asparagus delivers folate, which works with vitamin B12 - found in fish, poultry, meat and dairy - to help prevent cognitive impairment

5. Asparagus contains high levels of the amino acid asparagine, which serves as a natural diuretic, and increased urination not only releases fluid but helps rid the body of excess salts. This is especially beneficial for people who suffer from edema (an accumulation of fluids in the body's tissues) and those who have high blood pressure or other heart-related diseases

And finally, to answer a question I often get regarding why eating asparagus causes a strong urinary odor asparagus contains a unique compound that, when metabolized, gives off a distinctive smell in the urine Young asparagus contains higher concentrations of the compound so the odor is stronger after eating these vernal shoots There are, however, no harmful effects, either from the sulfuric compounds or the odor While it is believed that most people produce these odorous compounds after eating asparagus, few people have the ability to detect the smell The most common type of asparagus is green, but you might see two others in supermarkets and restaurants: white, which is more delicate and difficult to harvest, and purple, which is smaller and fruitier in flavor No matter the type you choose, asparagus is a tasty, versatile vegetable that can be cooked in many ways or enjoyed raw in salads

Spring facts:

1. The first day of spring is called the vernal equinox. 'Vernal' is Latin for spring while 'equinox' is Latin for 'equal night'.

2 The idea that the first day of spring is exactly 12 hours of daylight and 12 hours of darkness rarely works. There is always a time when it is exact, but experts say it usually occurs before the vernal equinox.

3 If you stand on the equator on the first day of spring, you would see the sun pass directly overhead. It only happens twice a year in spring time and autumn.

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get outstanding health and energy Denise does private consultations in these clinics in West Sussex She also teaches life changing health workshops and seminars for corporate companies and various health organisations all over the world For more information contact her www.denisekelly.co.uk Info@denisekelly.co.uk @DKNutrition 07738671436

Kinesiology Taster Morning with Claire Snowdon-Darling

ON SATURDAY March 29 Claire Snowdon Darling from Chichester's Balanced Wellness, will be offering a Kinesiology taster morning, to individuals interested in Basic or Intermediate training courses.

Renowned for its effective, natural solutions with treating pain, discomfort and ongoing medical symptoms, Kinesiology qualifications provide people who believe that you can have great health – naturally – with the tools needed to be able to help themselves, friends, family and clients.

The interactive session will provide participants with a good introduction to the Kinesiology training courses available, a popular and effective natural solution for treating pain, discomfort and ongoing symptoms for many Anyone who is keen to get a good introduction to the world of Kinesiology, would like to improve their current skills, or is keen to progress with becoming a Practitioner, will enjoy what the morning session has to offer.

Taking place in a beautiful purpose designed studio in the listed building at the flagship Balanced Wellness Centre in Chichester, the morning will be led by Claire Snowdon-Darling, a tutor for The Academy of Systematic Kinesiology (TASK) and lecturer on all courses from Foundation to Diploma

"Our practitioners offer a variety of different therapies and disciplines within their practices but at the core of their work is Systematic Kinesiology," Explains Claire "Discovered by Dr George Goodheart in the 1960's, Systematic Kinesiology uses the theory of muscle testing to discover the real cause of health problems and symptoms It's a technique where we are able to discover the underlying cause of your health issue – be it physical, nutritional or emotional The body clearly communicates to the practitioner what it needs to get well. We are excited about meeting Saturday's participants and look forward to working closely with all of those that are keen to progress with such a rewarding training programme."

With training courses fully accredited by The Association of Systematic Kinesiology (ASK) descriptions about the study options available will be explained by Claire The session, starts at 10:00 on Saturday the 29 of March Tickets cost just £25 and are redeemable against a course booking

To purchase your tickets and to find out more, please contact 01243 278511 or email info@balancedwellness-chichester.co.uk

Treat mum to the Ultimate Wellbeing Party this Mother's Day

CHICHESTER'S haven of relaxation and wellbeing, Balanced Wellness, are hosting an indulgent VIP party this April, where fun, health and special pampering will combine Through offering 'Buy one get mum free' the 'Ultimate Wellbeing Party' guarantees the perfect way to treat Mum through an indulgent health experience.

Taking place on Friday April 4, at the calming Wellness Centre, in the heart of Chichester, the exclusive event will immerse its guests in the secrets of how to feel and look amazing from the inside out Healthy canapés at the organic bubbly reception will introduce the evening's talks from leading nutritional and wellbeing experts, with pampering beauty treatments provided for all who attend.

Choosing from a selection available, the treatments include a mini manicure, hand or foot massage or a beauty makeover Guests can learn about the natural, chemical-free and mineral based products the Wellness Centre uses, as well as the secrets to good application

Those keen to embark on an all important health checks will particularly enjoy the food sensitivity testing and demonstrations that will be taking place during the evening too, to help with understanding if underlying problems with food sensitivity is a matter for them that needs attention

In addition to the complimentary sessions and talks, guests will have the chance to enter competitions to win over £750 worth of treatments and all will leave with a decadent gift bag full of organic and natural goodies – a treat all busy mums will thoroughly enjoy!

Tickets are just £20 are on sale now for the sumptuous evening event. For a limited time only, guests can take advantage of the 'buy one get Mum free' ticket offer too!

To purchase your tickets and to find out more, please contact 01243 278511 or email info@balancedwellness-chichester.co.uk

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Clinical Recruitment Day

Saturday 29th March, 9.30am - 1.30pm

At Spire Portsmouth Hospital we are always looking to develop our range of clinical services, therefore we need new staff to help us deliver high quality care to our patients.

We are recruiting for RGN ward, outpatient and theatre nursing positions, including scrub, anaesthetic and recovery practitioners.

If you would like to find out more about a rewarding healthcare career at Spire Portsmouth Hospital please come along to our recruitment day.

For further information, call **02392 456171**
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Fashion & Lifestyle

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Churchill Square Shopping Centre creates augmented reality fashion show using Zapper

BRIGHTON S Churchill Square Shopping Centre has created an augmented reality fashion show to bring to life its spring summer fashion trends via mobile app Zapper.

The Zap It, Unzip It show, which launches on 28 March, is the first show of its kind to be created by a UK shopping centre and will feature brands such as Warehouse, H&M, River Island and Next.

By scanning one of four unique Zap codes that have been placed in various locations around Brighton, including online, shoppers will be able to see one of four 'trend-focussed' fashion shows on their smart phones.

Created by augmented reality platform Zapper, the team behind One Direction s 1D campaign, consumers need to download the free Zappar app to scan the codes.

Tina Dallorzo, centre director at Churchill Square said: "We were looking for an innovative and fresh idea that would create a buzz about Churchill Square's new spring summer 2014 collections and so the idea for the Zap It, Unzip It' fashion show was perfect.

"It's the first time a shopping centre has done a fashion show like this and we are very pleased that Brighton's Churchill Square is leading the way."

The campaign, which will run for one month, is aimed at drawing consumers to shop in store rather than online.

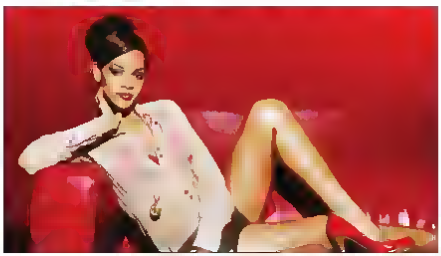
Rihanna to he honoured with CFDA Fashion Icon award

RIHANNA will be honoured with the Fashion Icon Award at the 2014 CFDA Fashion Awards.

The singer/fashion designer will be recognized for her contributions to the fashion industry as well as her philanthropic partnership with the MAC AIDS Fund's Viva Glam campaign. The award is given to someone whose style has made an impact on pop culture around the world.

"We are proud to present Rihanna with the CFDA Fashion Icon Award for her impact on the industry as fashion s most exciting ambassador in recent memory," said Steven Kolb, CEO of the Council of Fashion Designers of America, in a statement.

Past Fashion Icon Award recipients include Lady Gaga, Iman, Kate Moss and Nicole Kidman. The awards will take place on June 2 in New York.



Discover sailing at Chichester YC!

CHICHESTER YACHT CLUB invites you and your family to come and discover sailing at the club's annual Preview Day on Saturday 5 April (10am – 4pm).

This family friendly, inclusive club, located at Chichester Marina in Birdham, offers something for everyone, regardless of age, experience or ability.

Have a look at the whole range of activities Chichester YC runs, whether you're interested in dinghy sailing, yachting, motor cruising or simply learning to sail. You will also get to sample the social side of what life at Chichester YC can offer.

In recognition of its excellence in promoting the sport of sailing, encouraging people on to the water and making their activities varied and accessible to the community, Chichester YC was shortlisted for the prestigious RYA Club of the Year award in 2012.

Peter Buttery, Chichester YC Commodore, said: "It's our aim for absolutely anyone to be able to learn to sail and regularly go sailing if they want to. We do this by creating low cost options, having fleets of boats people can take advantage of to keep costs down and creating an inclusive, welcoming atmosphere."

The club will once again be opening its doors to all-comers as it invites people to get out on the water and give sailing a try at its Open Activity Day on Saturday 17 May, as part of RYA Push the Boat Out weekend. RYA Push the Boat Out is a national event that will see hundreds of sailing clubs across the country opening their gates for local people to come and 'have a go' at sailing, and at some clubs windsurfing too, with an experienced hand.

Meanwhile, if you already want to learn to sail this year, and get involved in a fantastic, social outdoor sport where everyday life really does get left on the shore, the club is running a number of adult and junior RYA Start Sailing courses this summer. The first adult beginners' course gets underway on Saturday 10 April.

RYA Start Sailing introduces people to the basics and gives them the best first experience in the sport, while also providing opportunities for them to then stay involved and keep improving their skills at welcoming, inclusive sailing clubs.

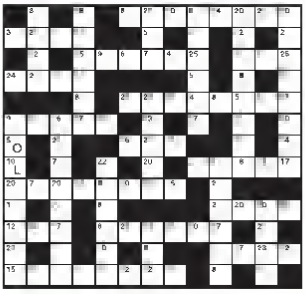
Chichester YC is a recognised RYA Training Centre meaning it conforms to the highest standards of quality and safety.

For full details of everything going on at Chichester YC this year, and how you can get involved, visit www.cyc.co.uk or like the club on Facebook.

Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



Last week's solutions:

1	2	3	4	5	6	7	8	9	10	11	12	13
E	F	Q	U	P	D	X	Y	B	I	H	T	W
14	15	16	17	18	19	20	21	22	23	24	25	26
V	N	S	K	Z	A	O	R	G	L	M	J	C

Wordsquare

D	O	B
N	G	L
E	I	H

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate

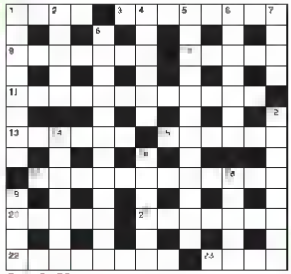
20 words - average,
30 words - good,
40 words - very good;
50 or more - excellent.

Last week's solutions

acne, anise, area, arsine, arsonic, arsine, arsino, calm, cane, caper, canes, cans, casein, crane, cranes, craziness, earn, eans, noise, nosier, nsore, nans, nee, neas, nee, nose, nosier, raciness, ran, rans, run, rain, rains, rean, rnee, rinses, risen, sans, saneer, sane, sarn, scan, scans, since, sine, sins, snare, snares, zanier, zinc.

Double Crossword

Choose either quick or cryptic clues



Cryptic Clues:

Across

1 Yet she may be a hit with the boys (4)
5. Your ills may turn out to be imaginary (6)
8. It is very boring and a clue to be altered (7)
10. Aptly fly around it (3)
11. Didn't allow to succeed? (12)
13. Go back to bed? (6)
15. Come as profit, we hear to a ship's company (6)
17. Useless demonstration of hunger marchers? (5,7)
20. On credit have five shillings (5)
21. The sweet smell of anger? (7)
22. Giving no answers (3)
23. Archaeological accommodation? (4)

Down

1. They produce pieces when being charged (5)
2. Apparently these teams are not the topsides (5)
4. It makes no difference in these girls if I join them (6)
5. Would a brunette winning a beauty contest be such a wrong selection? (6,6)
6. In a knockout we are able to last longer (7)
7. Yen repeatedly don't finish with this toy (2-2)
8. Monopolies rules that are important in building (6,6)
12. Type of set meals suitable for vegetarians? (6)
14. Rumpus that when there's a disagreement about leisure (4,5)
16. It's a matter of choice (6)
18. Run that's upset by lack of interest (5)
19. Mark some golfers cards (4)

Quick Clues:

Across

1. Stitched (4)
3. Obtained (8)
9. Suggest (7)
10. Put off (5)
11. Scottish dance (8,4)
13. Pay back (6)
15. Gay (6)
17. Alliances (12)
20. Oblivion (5)
21. Voter (7)
22. Present (8)
23. Responsibility (4)

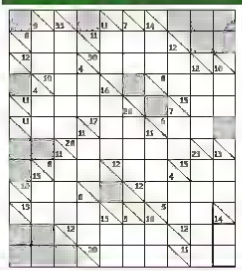
Down

1. Preclude alone (8)
2. Incorrect (3)
4. Purifies (6)
5. Undergarments (12)
6. Meritate (7)
7. Challenge (4)
8. Place for voting (7,5)
12. Senses (8)
14. Servant (7)
16. Ready (6)
18. Frequently (5)
19. With the addition of (4)

Last week's solutions

CRYPTIC Across: 6 Adder; 7 Pairs; 9 Seems; 10 Chase; 12 Informative; 14 Part time job; 19 Hundred; 18 Lathe; 21 Saver; 22 Spooner. Down: 1 Arrest; 2 Airmen; 3 Hear; 4 Walnut; 5 Press on; 8 Chimney; 11 Conifer; 13 Salutes; 15 Tidier; 16 Orator; 17 Theft; 20 Apt. QUICK – Across: 8 Aqueous; 7 Story; 9 Purity; 10 Arrive; 12 Provocation; 14 Incredulity; 18 Clarity; 19 Drill; 21 Addle; 22 Summer. Down: 1 Equip; 2 Better; 3 Due; 4 Shirt; 5 Creator; 6 Pride; 11 Away; 13 Infinite; 15 Rarely; 16 Throw; 17 Float; 20 Hut.

Kakuro



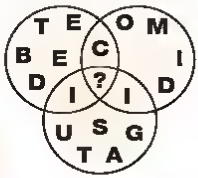
Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions:

Scribble pad

Circlegram

Replace the quest on mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words and the letter represented by the question mark?

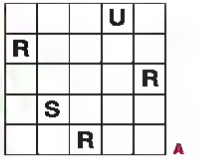


Last week's solutions:

The letter represented by the quest on marks is N. Typhoon, tsunami, tornado, all extreme forms of weather.

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off.



A

B

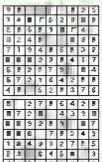
Last week's solutions.

Terse, Enact, Rajah, Scare, Ether.

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

Last week's solutions > From top to bottom. Simple, Intermediate, Difficult.



Simple

		2		8		6		
	9			2			3	5
			7			8	2	9
	5	8			2		9	
2	1			9	6		7	8
	6					2	4	
1	7	5			3			
9			1	4			5	
		3		7			6	2

Intermediate

6		3				8		7
	9		4		7	3		5
				3			1	
	7		6			5	8	
			2	8				
	1	4			5		2	3
	5			4				
2		9	3			7		
4		6			2			8

Difficult

	7			1				4
1				2	4			
				5		3		6
		4					9	
3				8		4		2
	2					6		
7		8		9				
			8	3				1
5				4			7	

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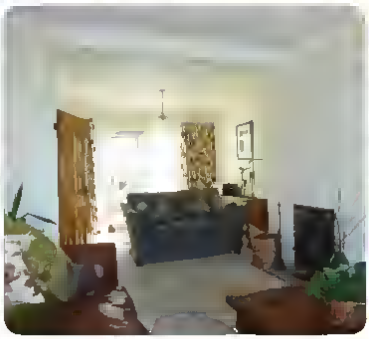
A well presented detached house situated within approx half a mile of the beach shopping facilities and schools The property has been made the subject of a programme of remodelling & refurbishment by the current owners G F H u PVC dble glazing cloakroom good sized dual aspect lounge with attached conservatory fitted kitchen with arched opening to the dining room utility room, three bedrooms refitted bathroom, garage parking for several vehicles and gardens including a 100 rear Awaiting EPC Rating

For more Information, contact Coastguards Estate Agents on 01243 267026 www.coastguardsproperty.co.uk



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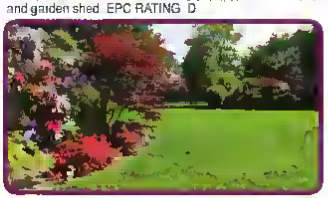
CRAIGWEIL **£895,000**

An impressive detached residence situated on a large double plot believed to be in the region of one acre approx 400 yards from the beach G F H leaded light dble glazing entrance hall refitted gr fl bathrm triple aspect lounge large dual aspect sun room hobb es room dining room study/gr fl bedrm with en su te shower rm kit/breakfast rm utility area with laundry room garden room gallened laund ng 3/4 double bedrooms refitted shower room double garage with workshop/storage rm carport, large front garden w th parking for several veh cles superb secluded rear gardeu amounting to almost 3/4 s of an acre w th tennis court, summer houses and garden shed EPC RATING D



FORD **£795,000**

A detached cottage style house set in approx two acres of ground offering superb sweeping rural views The property has potential for further development if required Cloakroom entrance hall/study dual aspect living room dining room, good s ze kitchen separate utility room master bedroom with en su te shower room two further bedrooms second shower room detached triple garage with studio/office over heated swimming pool and hot tub 2/3 timber garden store EPC Rating E

ALDWICK BAY ESTATE **£670,000**

A spacious detached house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach The current owners have carried out a comprehensive programme of extension and re-tenstation G F H, u F V C double glazing fascias & soffits cavity wall insulation cloakrm lounge, dining rm sitting rm kitchen/breakfast rm, master bedrm with en suite bathrm, four further bedrms second bathrm shower rm balcony integral garage and gardens including a secluded courtyard garden with heated swimming pool EPC rating is D

ALDWICK **£395,000**

A well presented detached family house situated in a peaceful cul-de-sac approx 400 yards from the beach. Cloakrm light & spacious open plan lounge/ dining rm kitchen separate breakfast area (currently a study) four bedrms, spacious bathrm a double garage and easily maintained attractive Southerly rear garden EPC Rating D

ROSE GREEN **£315,000**

An attached house situated in a residential development with n 400 yards of Rose Green schools, shops and doctors are located a little further to the East G F H u P V C d/ glazing cloakroom lounge kitchen/din ng room del ghtful conservatory master bedroom with en suite shower room, three further bedrooms bathroom detached single garage and an easily maintained South West facing garden EPC RATING C

ALDWICK BAY ESTATE **£269 950**

A ground floor flat situated in a small development in private marine estate approx 150 yards from the private beach The property has been made the subject of a programme of refurbishment and modernisation and includes g.f.h. u P V C dble glazing dual aspect living room with doors opening to the West facing area of garden fitted kitchen & bathrm three bedrooms garage and the use of the South facing communal gardens EPC RATING C

ALDWICK **£149,950**

A one bedroom close care apartment in the grounds of the Royal Bay care home, purpose built to be 'elderly use' friendly' with many safety features and the availability of any level of assistance from the care home, gas c.h., double glazed, living room, kitchen, bedroom, bathroom, personal patio area. EPC rating C

Motors

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Volvo's attractive proposition for magnets to keep cars in lane

VOLVO Car Group is investigating the use of low-cost ferrite magnets as a positioning aid for vehicles

The low-cost magnets could eventually be used to augment safety systems such as GPS and cameras in autonomous vehicles, said Jonas Ekmark, preventive safety leader at Volvo Car Group.

The idea to use permanent magnets as a positional aid came from an American project in the 1990s

He said "What we've done is another implementation of it using less expensive magnets, less expensive sensors and microcontrollers to see whether we can get it to a reasonable cost level and still achieve reasonable performance

"We think of the magnet system as [providing] additional information that makes the positioning system of the vehicle more reliable and dependable, but not as a single source [for positioning]-

"We'd use it together with GPS and [an] inertial measurement system and wheel rotation sensors and possibly a detailed map that is correlated with sensors like radar and cameras in order to have a really high precision, dependable positioning system"

To test the idea, Volvo Cars' research team created a 100m long test track at its facilities in Hällered outside Gothenburg where a pattern of round ferrite magnets (40x15mm) was located 200mm below the road surface. The car was then equipped with several magnetic field sensors

According to Volvo, the research programme was designed to evaluate crucial issues, such as detection range, reliability, durability, cost and the impact on road maintenance. Ekmark said that the system wasn't connected to a steering controller, although that is a long term aim of Volvo Motor Group

He added "The car isn't trying to hit the line of the magnets exactly, the magnets would be positioned in a pattern that can be used for positioning then the car would use the map and the features of the map like lane markers and so on in order to steer and stay on the road."

The current system could be incorporated in magnet based positioning in preventive safety systems that help prevent run off road accidents. Similarly, the magnets could facilitate accuracy of winter road maintenance, which in turn could prevent damage to snow covered objects, such as barriers and signs, near the road edge

The technology does, however, have potential longer term potential in autonomous vehicles and Volvo already has an experiment lined up that will see 100 self-driving Volvo cars using public roads in Gothenburg

"Depending on the results of the pilot tests we will expand and try to industrialise the [autonomous car] concept as soon as we can," said Ekmark. "I would hope there's a product on the market in less than 10 years."

Dubbed Drive Me – Self-driving cars for sustainable mobility', the Gothenburg autonomous vehicle road trial is scheduled to start in 2017

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Sport

Softball

Falcons ready to fly for new season

CHICHESTER FALCONS SOFTBALL CLUB are busily preparing for the upcoming season with a variety of new ideas on the softball agenda.

First up, the Falcons are looking to boost the stature of their club by starting up sessions aimed specifically at beginners to the game. "We recognise that it can be hard for someone, who wants to get into a new sport, to turn up and try to find their place in an experienced group of players," says captain David Morris. "We can address that by holding sessions for beginners who can learn, train and improve together. Once they are comfortable with the sport then they can choose to move on with the rest of the club on the field. Indeed they may reach that stage quite quickly, as softball is a very easy game to get into."

Chichester District Council have helped fund some new equipment which will be available for everybody to use, and no previous softball experience is required. The Falcons hope to even set up a second team formed of new and beginner players, to get the new recruits some game-time as quickly as possible. Training starts (for both beginners and experienced softballers) at Oaklands Park on Wednesday 2 April, 6pm.

Back at the nest, the Falcons have their fingers (wings?) crossed for a grant application, to kick start a youth softball team in the city. The plan is to run an initial 8 sessions for 12-16 year old boys and girls, with a view to progressing the squad to a fully-fledged fastpitch softball team. Having participated at several local promotional sport events it became clear that children are keen to take up softball, so the Falcons are hoping to pioneer the first youth softball club in the area. Softball is briefly included in most secondary schools' curricula, but there currently is little to no follow up for children to pursue the sport. The Falcons fully intend to plug that gap and look forward to developing a youth softball system which can flourish into the future.

On 19 April, the Falcons will be hosting the second annual Chichester Softball Tournament, in aid of Chichester based charity Children on the Edge. The tournament will be held at Chichester University, and already has six teams signed up for a fun day of softball, food and music.

Anyone who wants to get involved and join the Falcons can visit www.chichesterfalcons.com, or email chichesterfalcons@gmail.com

Football

Penalty sends City to defeat

Sunday 23 March 2014
South West Combinations League 2013-2014
Forest Green Rovers 1 – 0
Chichester City

WITH A LARGELY depleted squad Chichester City ladies made the trip to play Forest Green Rovers this past Sunday. Forest Green were one place behind Chichester before kick off and are one of the teams that Chichester knew could cause them problems, especially with the level of injury and illness in the squad. However, manager Matt Wright was able to call upon fantastic reinforcements from the club's reserve team all of whom have combination level experience.

In the early stages of the game both sides looked cagey and were struggling to keep possession for any length of time. Forest Green looked most dangerous when playing through their flanks with both wingers having pace and not being afraid to run at defenders. The Chichester full backs, Symonds and Harnett, were performing well to stop any real penetration coming from these areas.

The home side enjoyed large amounts of possession and looked threatening when going forward however they didn't force McNamara into having to make any saves and the best chance of the half fell early to Chichester. Challen unleashed a fierce some shot which had the keeper beaten but smashed against the crossbar and from the follow up Wride hit her shot over the bar.

After half an hour Fowle was replaced by Ogden due to illness and the latter injected some pace and direct running to the right hand side often finding herself one on one with the left back, unfortunately for the visitors they were unable to create any chances from her good work though. Forest continued to look for the opener but with McGlashan and stand in centre back Widdowson playing very well they struggled to create any meaningful chances, while Chichester were restricted to efforts from range the best of these coming from full debutant Jodie Greenway who slotted into the team seamlessly.

In the second half Chichester made a slight tactical change which seemed to be paying off as both wide players were now seeing a lot more of the ball which seemed to worry the home back line. It also meant the home side were being pinned in their own half and were finding it difficult to attack with any conviction. The tireless Cheshire had two half chances for Chichester who were now looking like the more likely team to take anything from the game. The game itself was becoming increasingly tense as both sides clearly felt they could take all three points, the mood was not helped by some questionable refereeing decision which angered both teams.

With two minutes to go Forest Green managed to slide in one of their strikers beyond the Chichester backline, she was accompanied by one of her teammates and the two appeared to tangle with one another as the on rushing McNamara came to gather the ball. With the referee shouting play on Chichester quickly moved the ball forward only for the linesman to signal for a penalty. This decision infuriated the Chichester bench as the referee clearly had a better view. The penalty was calmly converted, after this the Chichester players gave it their all in search of an equaliser, chasing down every ball but there was no time and shortly after kick the full time was blown. This was the Green Army's first league defeat of the season.

The ladies look to bounce back when Exeter ladies visit Oaklands Park this Sunday, 30March, kick off 14.00.

Sussex County Football League Tables

Division One

	Team	P	PTS
1	EAST PRESTON	28	76
2	LITTLEHAMPTON TOWN	29	61
3	EAST GRINSTEAD TOWN	29	57
4	CROWBOROUGH ATHLETIC	30	55
5	HASSOCKS	28	52
6	NORTHMARNYNCA	28	50
7	ST FRANCIS RANGERS	30	41
8	CHICHESTER CITY	31	41
9	DORKING WANDERERS	28	40
10	PAGHAM	29	0
11	SELSEY	29	35
12	RINGMER	28	33
13	LINGFIELD	28	32
14	SHOREHAM	27	30
15	NEWHAVEN	27	28
16	ARUNDEL	26	28
17	LANCING	30	*27
18	RYE UNITED	23	26
19	NAILSWORTH TOWN	26	23
20	WORTHING UNITED	28	5

* 6 pts deducted due to ineligible player

Division Two

	Team	P	PTS
1	EASTBOURNE UNITED AFC	26	64
2	LOXWOOD	26	61
3	BROADBRIDGE HEATH	26	56
4	HAYWARDS HEATH TOWN	26	48
5	LITTLE COMMON	26	43
6	WICK & RARNHAM UNITED	26	38
7	BEXHILL UNITED	27	38
8	MILE OAK	24	*37
9	STEYNING TOWN	24	36
10	WESTFIELD	25	34
11	AFC UCKFIELD	25	9
12	SALTDEAN UNITED	26	26
13	OAKWOOD	24	25
14	STORRINGTON	27	22
15	RUSTINGTON	27	10
16	MIDHURST & EASEBOURNE	25	10
17	SEAFORD TOWN	26	17

* 1pt deducted - ineligible player

Division Three

	Team	P	PTS
1	LANGNEY WANDERERS	12	29
2	SIDLESHAM	16	27
3	FERRING	13	25
4	IFIELD	15	25
5	ROFFEY	14	24
6	CLYMPING	16	21
7	UCKFIELD TOWN	13	18
8	NURSTPIERPOINT	12	16
9	BILLINGSHURST	16	14
10	ROTTINGDEAN VILLAGE	16	14
11	SOUTHWICK	17	14

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